



Office of Rehabilitation Services

Health and Wellness Matters

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Holiday Party

By popular demand we are returning to Mama Teresa's restaurant on Westminster Street for fabulous food, festive music and our famous "White Elephant"



gift exchange on Thursday, December 16 starting at noon. Last year's event included a lively swap of interesting items, but we are giving you the rules this year to avoid last minute changes.

Rules

Bring in a wrapped item that is unisex and costs between \$5 and \$10. Each participant gets a number selected at random. The person holding

number one goes first and selects a wrapped item to open. Number two can then select number one's item or select a new, wrapped item but can't change after selecting either item. Number one must then select a new, wrapped item. This continues in numeric sequence until the last number is drawn and everyone has either selected another person's item or a new item.

Each person who loses their

gift can only select a new, wrapped item. When all gifts have been opened, number one gets to go back and select any item to swap. It's all meant to leave everyone in a happy, holiday mood. In years past some of the items have been hilarious but in good taste.



Reserve your spot by contacting Sheila Moffat at x345. The cost is \$16, and checks should be made payable to Sheila Moffat. We do need a count by December 9th!

Make your reservations today!

Health & Wellness

Committee Chairs

- *Medical Consultant* - Dr. Elizabeth Conklin, X363
- *Advisor* - Steve Brunero, X354
- *Education* - Roberta Accetturo, X368
- *Bronze Award* - Melanie Grzych, X338
- *Social* - Sheila Moffat, X345
- *Physical Health* - Barbara Mulligan, X349
- *Newsletter Editor* - Elinor Pickering, X331
- *Layout* - Sharon DiPinto, X318

Ask the Doctor By "Dr. Conklin"

December is appropriately designated as "National Drunk and Drugged Driving Prevention Month". MADD, (Mothers Against Drunk Driving) is asking drivers to tie a red MADD ribbon to their auto as a pledge to drive safe, sober, use safety belts and urge others to do the same from Thanksgiving to New Year's Day. The ties are available at MADD chapters and Mazda dealerships.

Other things you can do are designate a non-drinking

person to be the driver after a social event involving alcohol and be a responsible party host.

The hectic pace and increased social activity can leave people in a state of anxiety, high stress, and depression. Try to share the responsibilities and leave time to relax and refresh yourself.

Dr. Conklin recommends sharing a favorite, healthy recipe with friends or trying some new exercise such as jumping rope.

Healthy Choices— "Recipes for the Heart from the Heart"

Carob/Chocolate Dipped Bliss Balls Sharon Thistlewaite-Morra

1 c. peanut butter
1 c. chopped dates
1 c. broken pecans (best but walnuts can be used)
1 c. crushed granola
½ c. soft honey-style sweetener
½ c. tofu milk powder
¼ c. raisins
8 dried apricots, cut into small pieces
2 tsp lemon juice
3 cups carob chips or chocolate (or chunks melted down)

In a large bowl thoroughly mix together all ingredients except carob. Roll batter into small, tablespoon size balls.

In a microwave or double boiler melt carob/chocolate.

Quickly dip/roll each ball in the melted carob and place on waxed paper. Set in fridge until hard. Makes about 30-35. Store in fridge or freezer.

Upcoming Events

Dress Down Day!

Wednesday,

December 15th

\$2.00 donation

Come dressed for skating!

Contact:

3rd Fl - Jen D. x444

4th Fl - Melanie G. x338

5th Fl - Val W. x302

6th Fl - Brenda G. x 218

Keep on Walking

Have you noticed the posters all around our building urging everyone to take the stairs instead of the elevator? These are helpful reminders from the Rhode to Health coalition of health care providers that even though the weather is getting colder we can still be increasing our activity level indoors.

Want to keep on walking with

others? Valerie Williams is willing to organize a lunch time walk through our beautiful city. Contact her at ext. 302 if interested.

For more information on the benefits of walking or starting an exercise program, contact your physician or look at the website of the NIDDK or the Weight Control Network at win@info.Niddk.NIH.gov or call 1-877-946-4627.

December we are stepping up the pace by starting lunch time ice skating at the Fleet skating arena. What better way to work up an appetite while gliding along on the ice showing your Michelle Kwan grace or Scott Hamilton style? We will meet at noon on Wednesdays, December 15 and December 29. In January we will switch to another day. So dig out those old figure or hockey skates or rent them for \$3. Come join the fun

for only \$3 and work out those kinks from sitting at your desk too long. These special rates are good from 12-2 p.m. and 4-6 p.m. and for children.

What is happening with our Worksite Wellness Program?

Steve Brunero presented the ORS Worksite Wellness program at the RI State House recently. The event was sponsored by the Governor and First Lady, Mrs. Susan Carcieri. Steve's presentation was titled "An Experienced Perspective". Gov. Carcieri has pledged for RI to become the first Worksite Wellness State in the U.S.

Steve has also been nominated as the DHS' "Wellness Champion" and will assist them in kicking off its Wellness Program. Regina Connor is also assisting Wellness activities by participating in the R.I. Dept. of Health Women's Health Issues group.

Worksite Wellness has been shown to not only benefit the employee but the company or agency by decreasing the number of on the job accidents and increasing productivity of workers.

Soon we will be ending the first year of our Health and Wellness program at ORS. Next year we will be looking at ski trips for January or February, a tea to celebrate Valentine's Day and other events to keep all of you "moving and grooving".

On behalf of the ORS Health and Wellness chairmen and committee members, we wish you a healthy, and safe Merry Christmas, Happy Hanukah, Happy Kwanzaa.

We will meet again in 2005 to start another year in which Health and Wellness Matters.

Adopt a Family

In December ORS will "Adopt a Family" for Christmas from the Elizabeth Buffum Chase Home. Sharon Morra has found a mother and two little girls who are primarily in need of winter items. The 4-year old daughter wears size 6 clothes and size 8 shoes. She loves Dora the Explorer, Strawberry Shortcake, Barbie and books. Her sister is a premature 8-month old baby who wears size 6-9 mos. She likes age appropriate toys and books. Mom wears size 9 pants and tops in size Large. Money donated to purchase gift certificates to inexpensive department stores, grocery stores, pharmacies or hair salons is also welcome. Items should be in to ORS by 12/13 so we can wrap them on 12/14 for delivery on 12/15 to our family. If you are able, help us spread some holiday cheer to our adopted family.

Meanwhile, amidst our hectic work schedule, the "Knitting Fools" from SBVI have made a beautiful chenille afghan of green and white that would be lovely in anyone's home, at outdoor sporting events or make a lovely present. Well over \$100 was raised with proceeds going to the Adopt-A-Family Christmas Fund. Congratulations to Andy Mayer for winning this beautiful afghan..

October was a busy month for walking and helping ourselves and others at the same time. Six people raised \$400 on October 17 for the *Making Strides for Breast Cancer* walk. Everyone enjoyed the five-mile walk in beautiful, fall weather.

The *Walk for Work* on October 24 to benefit Goodwill Industries raised \$180 and kept the eight participants moving in the brisk outdoors.

Thanks to Barbara Mulligan who organized these events and Sharon DiPinto for the iron-on transfers for the ORS team tee shirts and commemorating the events with pictures.

On October 22, eleven ORS employees and family members took a hike through the Caratunk Wildlife Refuge to meet creatures associated with and learn the legends and myths surrounding "All Hallows Eve". Refreshments and camaraderie ended this informative and exciting Halloween Hike sponsored by the

What's Happened at ORS

Audubon Society and organized by Sharon DiPinto.

This holiday season would not be complete without doing something for others who are in need in some way. On November 5th ORS began the morning with a presentation by representatives from the Community Food Bank. Four huge laundry baskets filled with non perishable items collected from generous staff accompanied them back to their office. Pledges and donations to SECA were over \$10,800.

The event was so well publicized by Kat Burrell and Joe Murphy, that President and Mrs. Bush and Senator and Mrs. Kerry came to launch the event and the raffle. Thanks to all who participated and contributed.

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